

How Mentoring Helps

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Mentoring helps a young person feel valued and cared about through an adult who shows interest in them. Mentors help direct young people in a positive direction, and by being a trusted friend that young people can talk to about life challenges.

Research shows that young people who have a mentor are 46% less likely than their peers to start using illegal drugs, 27% less likely to start drinking and 53% less likely to skip school, and 33% less likely to hit someone.

Jean Rhodes, author of the book “Stand by Me”, and prominent researcher on mentoring relationships, states mentors can influence their mentees in three important ways: (1) by enhancing social skills and emotional well being; (2) by improving cognitive skills through dialogue and listening; (3) by serving as a role model and an advocate.

For more information call: 903-237-1019 | [Contact Us](#) [3]

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Links:

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